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# **Getting Well** With Golf

by Norrie West

Golf is often considered a "leisurely" recreation for those who want to be outdoors, walk some, swing a Tom Lujan and Lynn club at the ball and see if Gordon, both stroke victims. they can put it into that little hole after a few putts.

But for three Grossmont Hospital patients, recovering from serious health problems, it is a way of helping themselves recover by learning to swing a golf club, courtesy of PGA pro John Klein.

Klein specializes in teaching golf to people who are handicapped and those that are recovering from strokes, heart attacks and



Julie & Dusty Ferreiro

The Grossmont threesome are "Dusty" Ferreiro. who had aneurism of the brain January 1997, and

Dusty, 35, from Spring Valley, expects to resume his old job at an Escondido air conditioning company (Helm Corp.) early in 1999.

Dusty is almost a miracle. His wife Julie saved his life by reviving him when his aneurism occurred, and has watched like a guardian angel over him ever since. He was in a coma for weeks and doctors held out little hope for even surviving, and none for full recovery.

But, Dusty is playing some golf at Singing Hills (the short Pine Glen course) and also at Mission Bay executive.

Lujan, from El Cajon, had a stroke two years ago. He weighed 340 pounds then, but now is a "slim" 190, and has played golf with Dusty recently.

They look forward to their weekly meeting with Klein, who has spent the last 21 years teaching disabled people.

One of the obvious benefits of golf is just being able



Golf pro John Klein adjusts stroke victim Lynn Gordon's club with two other patients, Tom Lujan and Dusty Ferreiro. At right is Grossmont Hospital recreation therapist Shelly Photo by Norne West

to be outdoors. However. playing golf does require a degree of hand-eye coordination, which is one of the losses often affecting stroke victims.

Because golf courses have those ever-present carts, it allows heart attack victims to get needed exercise without the strain of walking long distances. At the same time ,there is still enough walking to get needed light exercise, all the while enjoying the game of

For the handicapped as well as those recovering from an ailment, it provides those same kinds of help enjoying the outdoors, playing a game and getting

needed exercise of their bodies to prevent atrophy.

At the same time, keeping the mind alert through decision making on the course, is also a form of therapy...

Currently, Klein is instructing at San Diego Rehabilitation Institute, California Children's Services. Sharp Rehabilitation Center, the Braille Institute and Special Olympics.

Dusty, Tom and Lynn are lucky to have a mentor so experienced as Klein, who at one time was on the Singing Hills Resort staff. He is currently teaching at Carroll Canyon Golf Center in San Diego.

Continued on Page 2

### Lemon Grove Sheriff's Log

2500 blk. Glebe Rd. Grand theft. \$850 value

Oct. 8-9, 1998

3100 blk. Florine. Vehicle burglary. \$1,450 value.

Oct. 9-13, 1998

3200 blk. Lemon Grove Ave. Commercial burglary. \$1,000 value. Oct. 9, 1998

2800 blk. Skyline Dr. Vehicle burglary. \$830 value

Oct. 10, 1998

7400 blk Broadway. Petty theft. \$120 value 8300.blk. Ildica St. Residential burglary. \$1,080 value.

Oct. 11, 1998

1700 blk. San Altos Pl. Strong-arm robbery. \$2 value.

Oct. 12, 1998

7500 blk. Broadway. Commercial burglary. \$83.33 value

Oct. 10-13, 1998

3200 blk. College Pl. Grand theft. \$607 value.

### PUBLIC NOTICES

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Christine Slonaker, Assistant Secretary Pub: 10/20/98, 10/27/98, 11/03/98

or implied, regarding title, possess or encumbrances, to salisty indebtedness secured by said Deer Trust, advances thereunder. Interest as provided, and the unprincipal of the Note secured by a Deed of Trust had been secured by a Deed of Trust man and Note, plus, for charges and expenses of the Trust Dated. CTC Foreign and of the trusts created by said D of Trust. Dated. CTC Foreign Services Corporation, 400 Country Way, SV-88, Sim Valley, A Drhone (805) 520-5241 ext. 266, \$1 flormation (805). Information (805) 578-6618 By: IS/Trustee Sale Officer
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Sealed proposals will be received at Lemon Grove City Hall located at 3232 Main Street, Lemon Grove, California, up to the hour of 10.00 a.m., on November 24. 1998 for performing work as fol-

#### CITY HALL PLANNING COUNTER CONTRACT NO. 98-22

PROJECT DESCRIPTION

The work consists of remodeling and painting interior walls. replacing existing carpet, modifying electrical, telephone and building and installing a new planning counter. The bid package may be obtained at Scantech. Inc. at (619) 495-0727 for a non-refundable charge of approximately \$15.00.

charge of approximately \$15.00 All Bidders should direct their questions during the bidding peri od to Carmen Kasner. John Pow ell & Associates. Inc. at (760) 753-1120.

For contact time, see special pro-vision section 4-5. Alternate Bid Schedules. Prosecution and com-pletion of work. The Bidder for this Contract must possess a valid General Building contrac-tors 'B' License. The successful Bidder must have a City of Lemon Grove Business License not discriminate on the grounds of race, color, sex, or national origin. Attention of Bidders is particularly called to the requirements of wage rates to be paid under the Contract. It should be noted by all Bidders that the current State Pre-vailing Wage Rate Scale for the San Diego area will be required to be paid by all Bidders under the conditions of the Contract. Specifically, this Wage Scale is the most recent "General Prevail-ing Wage Determination Made By The Director of Industrial By The Director of Industrial Relations Pursuant To California Labor Code Division 2. Chapter 1. Part 7. Article 2. 3. and 5." It shall be the responsibility of the Prime Contractor to comply with all applicable sections of the California Labor Code including, but not limited to. Sections 1776 and

The City Council reserves right to reject any and all bids, any combination of bids, or any informality in a bid. Bids must be accompanied by a 10% bid bond as specified in Section I. General Information for Bidders of the documents. No Bidder may withdraw his bid without forfeiture of his bid bond within sixty (60) days after the actual date of the

bid opening. The City of Lemon Grove complies with the Americans with Disabilities Act. If you require reasonable accommodations for this bid opening, contact the City Clerk's Office, (619) 464-6934, at least 48 hours prior to the scheduled opening

## The Lemon " Grove Review

Box 127, Lemon Grove, CA 91946 • (619) 469-0101

Published Tuesdays and Thursdays Adjudicated a newspaper of general cir culation in Superior Court of State of California in and for San Diego County December 5, 1949. Entered as Third Class matter in La Mesa, CA

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#### Steven Saint, Publisher

Assistants to the publisher Cheryl Cohen. Trudy Thomas Sports Editor Mary Rosen Contributing writers: Cheryl Cohen. Michael Krawczak, Joe Naiman Paul Treske. Betty Jo Tucker. Jason Williams

#### Submissions

Letters, editorial and photo sub missions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope.

Material can be sent via e-mail at the following address: yscmr@adnc.com. All materials must be received by

the Monday preceding the date of publication. The editor reserves the right to edit all submissions

#### Advertising

All advertising is subject to current rate card. The publisher reserves the right to reject an advertiser's order.

Only publication of an advertise ment shall constitute final acceptance. Send all correspondence to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946

### Lemon Grove Almanac

1994 Population: 25,100 Incorporated: 1977 Area: 3.75 sq. mi. Median income: \$34,399 1996-97 city budget: \$26.3 million 1996 taxable sales: \$265 million

Mary Teresa Sessom Mayor: Council: Thomas Clabby Craig Lake **Dwight Shelley** 

Jill Greer City Manager: **Doug Yount** Planning Director: Linda Niles City Attorney: Gloria McLean City Clerk: **Christine Taub** Sheriff's Capt .: **Yolanda Collins** 

> Congressional district: 52nd - Duncan Hunter State Senate district: 40th - Steve Peace State Assembly district: 77th - Steve Baldwin Supervisorial district: 2nd - Dianne Jacob

Libraries: Post offices Parks Recreation centers 1



## Elks launch 'Most Valuable Student' scholarship contest

The BPO Elks of the USA will award nearly \$2.1 million in college scholarships to a total of 500 high school seniors through its 1999 'Most Valuable Student' scholarship contest.

The contest is open to students in the graduating class of a high school, or its equivalent, who are citizens of the United States and residents within the jurisdiction of the BPO Elks of the USA.

Applications became available at the Elks' home page, www. elks.org, in mid-October and at either local Elks lodges or local high schools after Nov. 1. Contact Santee Elks Lodge No. 2698 at 390-4949 for more information.

The deadline for this year's contest will be Jan. 15, 1999. Completed applications must be turned into the scholarship chairman, Exalted Ruler or secretary of the local Elks lodge.

Male and female students will compete separately. Applicants will be judged on financial need, leadership and scholarship. The Elks National Foundation, the charitable arm of the BPO Elks of the USA, will award scholarships to the top 500 applicants.

The top male and female student will receive scholarships of \$7,500 a year for four years. The second-place male and female will receive \$4,000 a year for four years, and the third-place male and female will receive \$3,000 a year for four years. The foundation will also award scholarships of \$1,000 a year for four years. The 500 winners will be announced in May 1999.

Through this "Most Valuable Student" competition and its four other scholarship programs, the Elks National Foundation annually awards nearly \$3.2 million in college scholarships

In addition, many state Elk associations and local lodges offer

The Elks National Foundation also funds veterans service, drug education, youth athletic programs, aid for people with disabilities and other charitable and philanthropic programs

The Elks National Foundation will distribute more than \$12.6 million this year in support of these programs

The BPO Elks of the USA is headquartered at 2750 N. Lakeview Ave., Chicago, Ill 60614.

# **Lemon Grove Fire Log**

Oct. 8, 1998

7900 blk. North Ave. Bleeding. 7500 blk. North Ave. Rubbish fire

Broadway/Massachusetts Ave. Vehicle accident. 2200 blk. Bonita St. Fall.

1400 blk. El Prado Ave. Chest pains.

Oct. 9, 1998

7000 blk. San Miguel Ave. Difficulty breathing.

2100 blk. El Prado Ave. Flooding. 1700 blk. San Altos . Passing out.

8200 blk. Panchoy Ln. Seizure.

Hwy 94 WB/Spring St. Vehicle accident freeway.

2200 blk. Massachusetts Ave. Fall. Broadway/Lemon Grove Ave. Assault victim.

Oct. 10, 1998

7100 blk. Rosemary Ln. Vomiting.

2100 blk. El Dora St. Possible coroner's case.

1700 blk. San Altos Pl. Dog bite.

Hwy 94 EB/Spring St. Traffic accident.

Central Ave./Massachusetts Ave. Vehicle fire. 3600 blk. Grove St. Difficulty breathing.

2200 blk. Massachusetts Ave. Dizzy.

3600 blk. King St. Medical aid.

Oct. 11, 1998

7800 blk. Central Ave. Chest pains. 3500 blk. West St. Difficulty breathing.

2600 blk. Corona St. Person down. Bonita St./El Prado Ave. Vegetation fire. 1700 blk. San Altos Pl. Assault victim.

Oct. 12, 1998

Broadway/Federal Blvd. Traffic accident. 7900 blk. Palm St. Alarms ringing. 2200 blk. Bonita St. Possible heart.

7900 blk. Palm St. Alarms ringing.

3200 blk. College Pl. Possible heart.

3600 blk. Federal Blvd. Person down.

8100 blk. Lemon Ave. Multifamily residential fire.

# **Community Notes**

### Cuyamaca College to offer class on screenwriting

"Fundamentals of Screenwriting" will be offered through Community Learning from 7 - 9:30 p.m., on three Wednesdays, Nov. 4 -18. The class will be held at Cuyamaca College in room E106 at 950 Jamacha Road in El Cajon.

The fee for this class will be \$37. For information, call 660-4350.

### Tax consultants meet to discuss electronic filing

Cindy Barnard from the IRS will discuss electronic filing at the meeting of East County Chapter of the Inland Society of Tax Consultants, 5:30 p.m. today at the Elks Lodge,1400 Washington Ave. in El Cajon. Elaine Woodson, Enrolled Agent. will also discuss debt reduction and management.

Social time starts at 5:30 p.m. and dinner hour is at 7:30 p.m. The cost is \$15 for members and spouses, non-members \$20. For more information or to make reservations, call 760-788-9541

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that a particular free ad will be run (we will try).



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Enoy yourself. Sing, dine, dance. Santee's Valley House Restaurant, 10767 Woodside, 562-7878, is featuring Dick's Karaoke Fridays, Saturdays. 8 p.m. and Sundays. 4 p.m. We have remodeled and encourage families to visit and have fun and entertainment.

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YARD WORK IN JAMUL. Need someone to do yard work. One day per month in Jamul. Call 822-0555. Must speak English.

CASH FOR COMIC BOOKS. TOYS: Wanted - comics, toys, trains, cards. Will pay today. Call or email schanes@gateway.net 466-3631.

AVAILABLE

YARD SALE. Sat. Nov. 7 - 7 a.m. Lots of good stuff: clothing, appliances, furniture, kitchen items, etc. Youth group fund raiser. Please stop by a.m. to noon. 327 Taft St. El Cajon.

AVAILABLE

FREE

FREE

SPORTS EQUIPMENT NEED-ED - FREE. Elementary school needs mini-trampolines, bats and tennis balls for physical ed program. Can you help us? Please do-nate to our school! Ask for P.E., Jean M-F 8:30 a.m. - 3:30 p.m. 262-0777. Thank you.

CHEERLEADER DEVASTAT-ED!!! Needs help finding her promise ring - lost on track during football game at Santana during homecoming last Friday. Reward offered! Please call 463-3335

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Golf

Continued from Page 1

It also gives a professional golfer like Klein a lift to be able to do something special and to use his teaching skills to help those in need of rehabilitation like these three and the others he has helped.

#### **East County Prep Sports Schedule**

Tuesday, Nov. 3 - Tuesday, Nov. 10

Tuesday (11/3) - GIRLS TENNIS CIF Div. I-II-III first round (at higher seed). Wednesday (11/4) - GIRLS TENNIS: CIF Div. I-II-III Quarterfinals (at higher seed). GIRLS VOLLEYBALL: Mount Miguel at Monte Vista, Valhalla at Granite Hills, El Cajon Valley at West Hills, El Capitan at Grossmont

Thursday (11/5) - GIRLS TENNIS: CIF Div. I-II-III Semifinals (at neu-

Friday (11/6) - GIRLS TENNIS CIF Div. I-II-III Finals at Barnes Tennis Center. FOOTBALL: Grossmont at West Hills, El Capitan at El Cajon Valley, Santana at Granite Hills, Mount Miguel at Monte Vista, Valhalla at Helix.

Tuesday (11/10) - GIRLS VOLLEYBALL: CIF Div. I-II first round/Div. III-IV Quarterfinals (at higher seed).

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### Commentary CIF and East County

by Mary Rosen

The fall CIF playoffs are just commencing and we feel that East County entrants will involved in more than their share of spots and possibly championships.

In football, the races for both the North and South in the Grossmont League are still up for grabs, including, of all things, a possible share by Santana, considering the school had started the season at 0-6. The Sultans have a 2-1 record with two games to go and only West Hills (2-0 in league) has a better North record. If anyone had said that a win by Santana over the Wolf Pack stood between the Sultans and a league title at this time, they would have thought of as a candidate for a strait-jacket.

Monte Vista, leading in the South, proved last week that it still has a high-powered offense, beating a sorry Grossmont 46-7 despite the loss of Reynaldo Brathwaite who had set so many school records the previous week being declared ineligible.

In cross country, West Hills has cracked the top 10 in the state and is a favorite in the CIF. Other than the Wolf Pack, schools in the league will have to depend on a fine group of runners who have a shot at individual titles.

In water polo, while not considered the best in the county. schools like Santana (North) and Valhalla (South) should be able to hold their own.

Volleyball is still in a questing stage, with West Hills trying to show its win last year was no fluke.

Be it as it may, it is the winter and summer where the league really shows its stuff. Santana girls basketball team will try for another final finish to go with its many previous wins. In the boys side, too many key graduates make any sort of prognostication futile.

It is in baseball where East County has shown itself to be the hotbed of the county. In the last several years, it is not unusual for the area to have teams in at least two and sometimes in all three of the finals at the stadium.

To top that off, even at the professional level, the number of East County players either drafted or making it the major leagues is phenomenal for such a small area.

Other leagues seem to have some of the same level of individual players, but none match teams with East County on a regular basis. No, we haven't forgotten the Christian Patriots who also are part of that team dominance. East County baseball teams may not always win the CIF, but they are there ...

For this spacel communities every Tuesday Call Dan immediately 461-4306

### Letters to the Editor

Make a change

As a Grossmont Healthcare District Board member, it pains me greatly to see what the other publicly elected board members have perpetrated against our community and our hospital. Now, it is time for East County voters to decide if they wish this situation to continue.

The current majority on the Healthcare District Board has wasted more than \$1.5 million health care dollars pursuing a lawsuit against Grossmont Hospital that has now been thrown out twice by a superior court judge. This is outrageous!

How many nurses could have been hired using this money? What types of new medical equipment could have been purchased? Yet, even in the face of being turned away twice in a court of law, my fellow board members will continue to pay high fees and travel expenses to a host of San Francisco attorneys in an attempt to break an extremely successful relationship between Grossmont Hospital and Sharp HealthCare. What is worse, the end is nowhere in sight.

Rather than being motivated by principle and facts, this lawsuit is a charade that has absolutely nothing to do with reality. The reality is that our hospital recently received the highest quality rating in history during a difficult time in health care delivery. These challenging times require tough budget decisions which makes the effects of this financially draining lawsuit even worse.

The Grossmont Healthcare District Board used to have a common vision with Grossmont Hospital. That vision was to do what's best for Grossmont Hospital and the residents of East County, period. Now, however, the current majority of the Grossmont Healthcare District has lost this focus and has, instead, embarked down a path of grandstanding self-aggrandizement and disingenuous concern for the hospital.

Frankly, it is embarrassing what has taken place on this board, yet the stakes are too important to turn away. It is time for newly elected board members to join forces with the hospital.

For this to occur, it is up to the residents of East County to look closely at all of the issues and elect those candidates who will work together with the hospital and the community to spend health care dollars on actual patient

Time and time again, the current majority on the board has ignored the wishes of doctors and nurses at the hospital who have urged them to drop the lawsuit. They have also ignored the views of many East County community groups, including the Grossmont Hospital Auxiliary and the East County Regional Chamber of Commerce.

And, let us not forget that their actions brought the board dubious recognition from the San Diego County Taxpayers Association when it awarded the board the "Golden Fleece" award for its squandering of health care tax dollars. The board's callous indifference to the hospital and community will only continue if voters allow it to. It is time to stop this nonsense.

Unfortunately, the Healthcare District Board elections do not receive as much attention as other races and local ballot measures, but the stakes are just as important. Grossmont Hospital can continue to move forward or it can be dragged through the mud by healthcare district directors who only view the hospital as a political pawn in a selfabsorbed personality chess match that will result in a loss for our hospital, its patients and our community.

I urge all voters to make a change on the Grossmont Healthcare District Board of Directors and send a message that health care dollars are too precious a commodity to be squandered by pursuing personal agendas.

ROBERT YARRIS Grossmont Healthcare District

#### Crooks is no crook

In your Oct. 22 issue, a Mr. Baxter (unknown to me) accused me of being a "crook" because my son, Charles, attends a private school on pubic funds ["The man's a crook"].

What Mr. Baxter failed to mention is that Charles suffers from learning disabilities due to a near-fatal illness when only a few days old. Charles is intelligent and a talented photographer, but he has great difficulty with language.

Charles has been in special education since elementary school. He was first assigned to a special school at the suggestion of his teachers during sev-

enth grade He was placed at the Winston School (named for the dyslexic Winston Churchill) when the Grossmont District first evaluated him as an incoming ninth-grader.

The district found it more efficient to contract for Charles' education to a specialized school than to create a similar program in-house for a few students.

At the time, I was a board member in another district (La Mesa-Spring Valley), but I had no authority over any Grossmont staff. Nor did I mention my school board position nor had I ever had any substantive conversation with any Grossmont administrator at that time.

The administrator who made the final decision about Charles placement did not know my name. I had no special influence was involved in Charles' placement.

Today, Charles travels on a special ed bus for 31/2 hours each day to attend school with other children sent by public school districts throughout San Diego and Orange counties, including other students from the Grossmont District.

Charles works harder in school than either of his two brothers, who have been honors students in regular public school. He wishes he could attend regular school like his brothers and neighbor friends. He wants to be part of regular high school life and activities. He wishes he could be a regular student at Grossmont High.

Was Mr. Baxter simply uninformed? The facts of Charles' placement are no secret. They have been published on my web site, www.TedCrooks.com. mentioned in Mr. Baxter's letter. I have fully answered questions from the press and voters about Charles' placement and would have for Mr. Baxter had he asked. Also, he quotes figures which are ridiculous. No, Mr. Baxter is not just mistaken, he is venomous.

Charles and I don't take Mr. Baxter's attack personally. It is a continuation of the sickness that has gripped the Grossmont board over the last two years.

I believe East County voters will end this sickness. They will do their homework and find the candidates endorsed by reputable organizations and educators - those who will get Grossmont back to the business of education.

TED CROOKS La Mesa